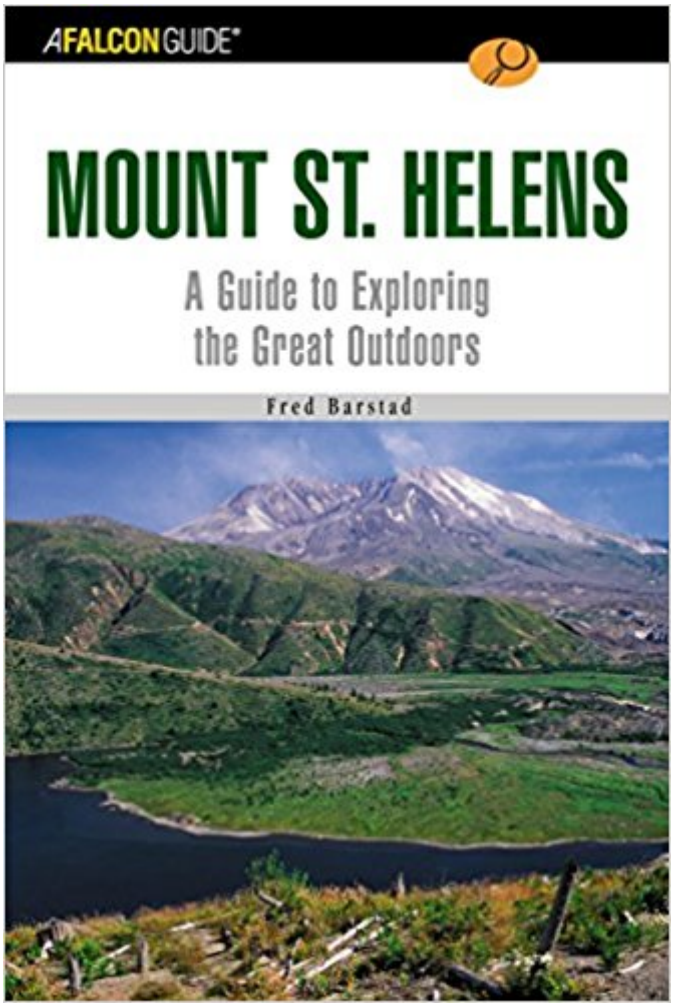
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A FalconGuideÃ‚Â® To Mount St. Helens: A Guide To Exploring The Great Outdoors (Exploring Series)



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Synopsis

Mount St. Helens, located just 50 miles northeast of Portland, Oregon, has been attracting thousands of visitors each year since its famous erruption in 1980. In 1982, Congress set aside the 110,000-acre monument to allow the volcanically-altered landscape to recover at its own pace and to provide for research, educational, and recreational opportunities. Exploring Mount St. Helens is a comprehensive guide to this world-renowned attraction, offering a close-up look at the destruction and remarkable recovery of the area. The guide includes detailed information on the natural and cultural history of the area; recreational opportunities, including 23 hiking trails; and historical, geological, and natural exhibits.

Book Information

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Customer Reviews

On May 18, 1980, Mount St. Helens spewed 540 million tons of gas and ash, toppled miles of trees, and sent devastating debris flowing down its flanks. Two years later Congress established the Mount St. Helens National Volcanic Monument to allow the volcanically altered landscape to recover naturally and to provide for educational, recreational, and research opportunities. Today the 110,000-acre monument has become a world-renowned attraction, with many thousands of visitors each year. A FalconGuide to Mount St. Helens offers twenty-three trailsÃ¢â ¬â •from short self-guided tours to multiday backpacksÃ¢â ¬â •that will help you get the most out of your time on this extraordinary mountain. Through explorations of Lava Canyon, the Plains of Abraham, and much more, author and veteran hiker Fred Barstad offers a close-up look at the destruction and

remarkable recovery of Mount St. Helens. He discusses the areaÃ¢â ¬â„¢s natural and cultural history and points out the geological features, flora, and fauna that make this dynamic region so fascinating and unique. Inside youÃ¢â ¬â„¢ll find: Ã¢â ¬Â¢in-depth trail informationÃ¢â ¬Â¢detailed trail mapsÃ¢â ¬Â¢elevation profilesÃ¢â ¬Â¢accurate directions from major access pointsÃ¢â ¬Â¢difficulty ratings for each hikeWhether you are planning a visit or live in the area, use A FalconGuide to Mount St. Helens as your guide.

Fred Barstad has hiked and climbed most of the Cascade Volcanos in Washington and Oregon. He is the author of three Falcon guides, and resides in Enterprise, Oregon.

I love this book - it explains what happened over the millenia, as well as what happened in the spring of 1980, when it erupted in a spectacular fashion. We are spending several days there this summer, and this book really helped us pick out the trails and other things we want to do while we're there. There is a lava tube hike, which I've never seen before! Many thanks to Fred Barstad for an informative and detailed description of Mt. St. Helen's - we can't wait to explore it!

Very informative with nice before and after narrative touches. I'm looking forward to using this on my next trip out.

Could not find a more up to date book - so this was the best I could find.

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